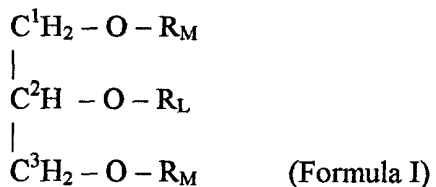


What is claimed is;

1. A fats and oils composition for reducing lipids in blood, comprising triglycerides containing

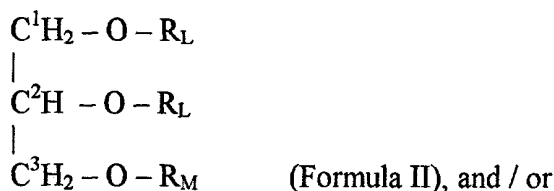
a $R_M R_L R_M$ triglyceride as an effective component, having Formula I:



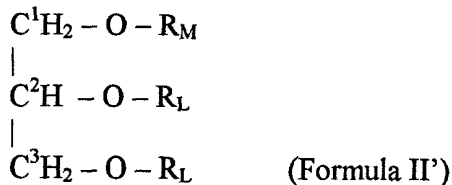
wherein R_M is an acyl group of a saturated medium chain fatty acid having 8 to 10 carbon atoms, R_L is an acyl group of a monounsaturated long chain fatty acid having 16 to 18 carbon atoms, C^1 is the first carbon of the triglyceride, C^2 is the second carbon of the triglyceride, and C^3 is the third carbon of the triglyceride.

2. A fats and oils composition for reducing lipids in blood according to claim 1, the triglycerides further containing

a $R_L R_L R_M$ triglyceride having Formula II:



a $R_M R_L R_L$ triglyceride having Formula II':

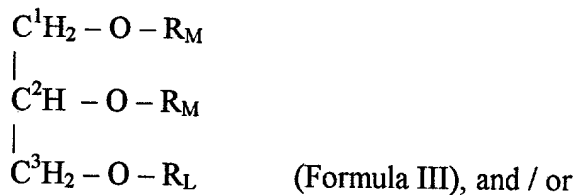


wherein R_M is an acyl group of a saturated medium chain fatty acid having 8 to 10 carbon atoms, R_L is an acyl group of a monounsaturated long chain fatty acid having 16 to 18 carbon atoms, C^1 is the first carbon of the triglyceride, C^2 is the second carbon of the triglyceride, and C^3 is the third carbon of the triglyceride.

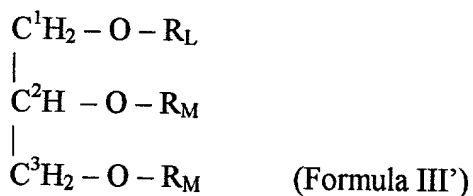
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3. A fats and oils composition for reducing lipids in blood according to claim 1, the triglycerides further containing

a $R_M R_M R_L$ triglyceride having Formula III:



a $R_L R_M R_M$ triglyceride having Formula III':



wherein R_M is an acyl group of a saturated medium chain fatty acid having 8 to 10 carbon atoms, R_L is an acyl group of a monounsaturated long chain fatty acid having 16 to 18 carbon atoms, C^1 is the first carbon of the triglyceride, C^2 is the second carbon of the triglyceride, and C^3 is the third carbon of the triglyceride.

25

4. A fats and oils composition for reducing lipids in blood according to claim 1,

wherein in the total mass of all the acyl groups in the triglycerides, R_L is contained in an amount of 60 to 90 mass %, and R_M is contained in an amount of 10 to 29 mass %, wherein in the

total mass of the acyl groups of all the long chain fatty acids in the triglycerides, R_L is contained in an amount of 70 to 99 mass %, and wherein in the total mass of all the acyl groups combined at the portions of C^2 in the triglycerides, R_L is contained in an amount of 70 to 99 mass %.

5 5. A fats and oils composition for reducing lipids in blood according to claim 1, wherein R_M is acyl group of caprylic acid, and R_L is acyl group of oleic acid.

10 6. A fats and oils composition for reducing lipids in blood according to claim 1, containing the $R_M R_L R_M$ triglyceride in an amount of 5 to 25 mass %.

15 7. A fats and oils composition for reducing lipids in blood according to claim 2, containing the $R_L R_L R_M$ triglyceride and / or the $R_M R_L R_L$ triglyceride in an amount of 45 to 65 mass %.

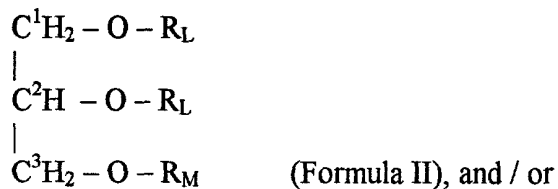
20 8. A fats and oils composition for reducing lipids in blood according to claim 1, which is contained in a food selected from a group consisting of cooking oil, mayonnaise, mayonnaise related foods, margarine, dressing, bread, ice cream, confectionary, gelatine capsule and fried foods.

25 9. A food selected from a group consisting of cooking oil, mayonnaise, mayonnaise related foods, margarine, dressing, bread, ice cream, confectionary, gelatine capsule and fried

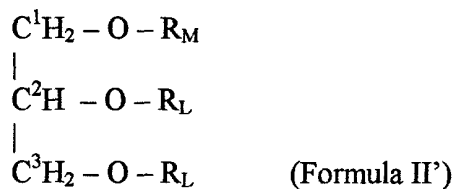
foods, containing a fats and oils composition for reducing lipids in blood according to claim 1.

10. A fats and oils composition for reducing lipids in blood, comprising triglycerides containing

5 a $R_L R_L R_M$ triglyceride as an effective component having Formula II:



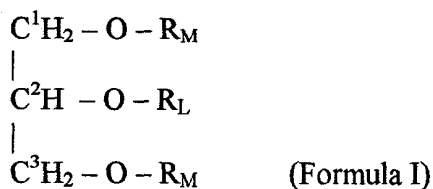
a $R_M R_L R_L$ triglyceride having Formula II':



wherein R_M is an acyl group of a saturated medium chain fatty acid having 8 to 10 carbon atoms, R_L is an acyl group of a monounsaturated long chain fatty acid having 16 to 18 carbon atoms, C^1 is the first carbon of the triglyceride, C^2 is the second carbon of the triglyceride, and C^3 is the third carbon of the triglyceride.

11. A fats and oils composition for reducing lipids in blood according to claim 10, the triglycerides further containing

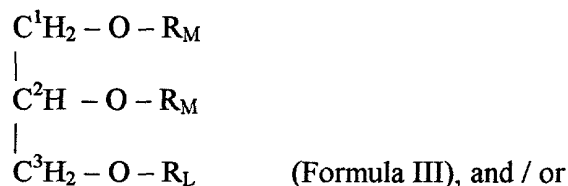
25 a $R_M R_L R_M$ triglyceride having Formula I:



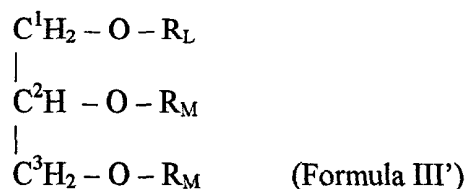
wherein R_M is an acyl group of a saturated medium chain fatty acid having 8 to 10 carbon atoms, R_L is an acyl group of a monounsaturated long chain fatty acid having 16 to 18 carbon atoms, C^1 is the first carbon of the triglyceride, C^2 is the second carbon of the triglyceride, and C^3 is the third carbon of the triglyceride.

12. A fats and oils composition for reducing lipids in blood according to claim 10, the triglycerides further containing

a $R_M R_M R_L$ triglyceride having Formula III:



a $R_L R_M R_M$ triglyceride having Formula III':



wherein R_M is an acyl group of a saturated medium chain fatty acid having 8 to 10 carbon atoms, R_L is an acyl group of a monounsaturated long chain fatty acid having 16 to 18 carbon atoms, C^1 is the first carbon of the triglyceride, C^2 is the second carbon of the triglyceride, and C^3 is the third carbon of the triglyceride.

13. A fats and oils composition for reducing lipids in blood according to claim 10, wherein in the total mass of all the acyl groups in the triglycerides, R_L is contained in an

amount of 60 to 90 mass %, and R_M is contained in an amount of 10 to 29 mass %, wherein in the total mass of the acyl groups of all the long chain fatty acids in the triglycerides, R_L is contained in an amount of 70 to 99 mass %, and wherein in the total mass of all the acyl groups combined at the portions of C^2 in the triglycerides, R_L is contained in an amount of 70 to 99 mass %.

5

14. A fats and oils composition for reducing lipids in blood according to claim 10, wherein R_M is acyl group of caprylic acid, and R_L is acyl group of oleic acid.

10

15. A fats and oils composition for reducing lipids in blood according to claim 11, containing the $R_MR_LR_M$ triglyceride in an amount of 5 to 25 mass %.

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16. A fats and oils composition for reducing lipids in blood according to claim 10, containing the $R_LR_LR_M$ triglyceride and / or the $R_MR_LR_L$ triglyceride in an amount of 45 to 65 mass %.

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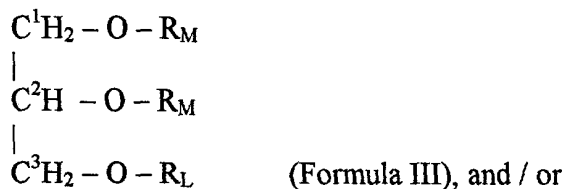
17. A fats and oils composition for reducing lipids in blood according to claim 10, which is contained in a food selected from a group consisting of cooking oil, mayonnaise, mayonnaise related foods, margarine, dressing, bread, ice cream, confectionary, gelatine capsule and fried foods.

18. A food selected from a group consisting of cooking oil, mayonnaise, mayonnaise

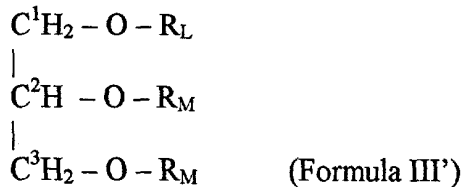
related foods, margarine, dressing, bread, ice cream, confectionary, gelatine capsule and fried foods, containing a fats and oils composition for reducing lipids in blood according to claim 10.

19. A fats and oils composition for reducing lipids in blood, comprising triglycerides containing

a $R_M R_M R_L$ triglyceride as an effective component having Formula III:



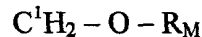
a $R_L R_M R_M$ triglyceride having Formula III':



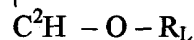
wherein R_M is an acyl group of a saturated medium chain fatty acid having 8 to 10 carbon atoms, R_L is an acyl group of a monounsaturated long chain fatty acid having 16 to 18 carbon atoms, C^1 is the first carbon of the triglyceride, C^2 is the second carbon of the triglyceride, and C^3 is the third carbon of the triglyceride.

20. A fats and oils composition for reducing lipids in blood according to claim 19, the triglycerides further containing

a $R_M R_L R_M$ triglyceride having Formula I:



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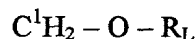
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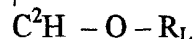
wherein R_M is an acyl group of a saturated medium chain fatty acid having 8 to 10 carbon atoms, R_L is an acyl group of a monounsaturated long chain fatty acid having 16 to 18 carbon atoms, C^1 is the first carbon of the triglyceride, C^2 is the second carbon of the triglyceride, and C^3 is the third carbon of the triglyceride.

21. A fats and oils composition for reducing lipids in blood according to claim 19, the triglycerides further containing

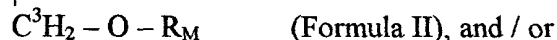
a $\text{R}_\text{L}\text{R}_\text{L}\text{R}_\text{M}$ triglyceride having Formula II:



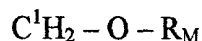
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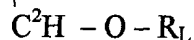
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a $\text{R}_\text{M}\text{R}_\text{L}\text{R}_\text{L}$ triglyceride having Formula II':



|



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wherein R_M is an acyl group of a saturated medium chain fatty acid having 8 to 10 carbon atoms, R_L is an acyl group of a monounsaturated long chain fatty acid having 16 to 18 carbon atoms, C^1 is the first carbon of the triglyceride, C^2 is the second carbon of the triglyceride, and C^3 is the third carbon of the triglyceride.

22. A fats and oils composition for reducing lipids in blood according to claim 19,
wherein in the total mass of all the acyl groups in the triglycerides, R_L is contained in an
amount of 60 to 90 mass %, and R_M is contained in an amount of 10 to 29 mass %, wherein in the
total mass of the acyl groups of all the long chain fatty acids in the triglycerides, R_L is contained in
an amount of 70 to 99 mass %, and wherein in the total mass of all the acyl groups combined at the
portions of C^2 in the triglycerides, R_L is contained in an amount of 70 to 99 mass %.

23. A fats and oils composition for reducing lipids in blood according to claim 19,
wherein R_M
is acyl group of caprylic acid, and R_L is acyl group of oleic acid.

24. A fats and oils composition for reducing lipids in blood according to claim 20,
containing the $R_M R_L R_M$ triglyceride in an amount of 5 to 25 mass %.

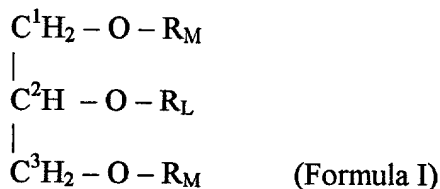
25. A fats and oils composition for reducing lipids in blood according to claim 21,
containing the $R_L R_L R_M$ triglyceride and / or the $R_M R_L R_L$ triglyceride in an amount of 45 to 65
mass %.

26. A fats and oils composition for reducing lipids in blood according to claim 19,
which is contained in a food selected from a group consisting of cooking oil, mayonnaise,
mayonnaise related foods, margarine, dressing, bread, ice cream, confectionary, gelatine capsule
and fried foods.

27. A food selected from a group consisting of cooking oil, mayonnaise, mayonnaise related foods, margarine, dressing, bread, ice cream, confectionary, gelatine capsule and fried foods, containing a fats and oils composition for reducing lipids in blood according to claim 19.

28. A fats and oils composition for reducing lipids in blood comprising triglycerides containing:

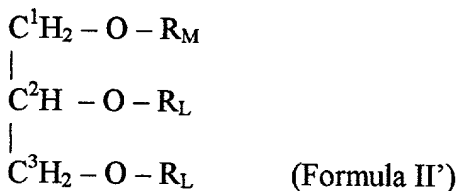
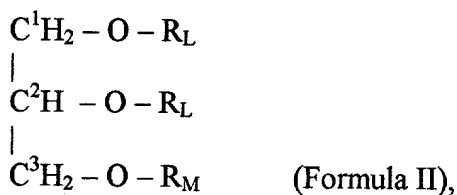
an $R_M R_L R_M$ triglyceride as an effective component, having Formula I:



wherein R_M is acyl group of caprylic acid, and R_L is acyl group of oleic acid, and the $R_M R_L R_M$ triglyceride is contained in an amount of 10 to 20 mass %,

an $R_L R_L R_M$ triglyceride having Formula II and / or an $R_M R_L R_L$ triglyceride having Formula

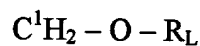
II':



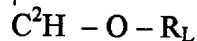
wherein R_M is acyl group of caprylic acid and R_L is acyl group of oleic acid, and the sum of the

$R_L R_L R_M$ and $R_M R_L R_L$ triglycerides is contained in an amount of 49 to 59 mass %, and

an $R_L R_L R_L$ triglyceride having Formula IV:



|



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wherein R_L is acyl group of oleic acid, the $R_L R_L R_L$ triglyceride is contained in an amount of 30 to 40 mass %,

wherein in the total mass of the acyl groups in the triglycerides, the acyl group of oleic acid is contained in an amount of 60 to 90 mass %, and the acyl group of caprylic acid is contained in an amount of 10 to 29 mass %, wherein in the total mass of the acyl groups of all the long carbon chain fatty acids in the triglycerides, the acyl group of oleic acid is contained in an amount of 70 to 99 mass %, and wherein in the total mass of all the acyl groups combined at the portions of the second carbon in the triglycerides, the acyl group of oleic acid is contained in an amount of 70 to 99 mass %.